

Pesto Spaghetti Squash Pasta

Makes 12 servings

Ingredients

- 2 bunches basil
- 6 Spaghetti Squash
- 6 cloves fresh garlic
- 3 oz fresh baby spinach
- 1/4 cup pine nuts
- 1 pint fresh whole mushrooms
- 2 cups oil
- 1 pint cherry tomatoes
- Salt and pepper
- 2 cups fresh Parmesan
- 1 French baguette
- 1 cup butter
- 1 tbsps garlic powder

Directions

1. Halve your spaghetti squash, empty its insides, add butter, salt and pepper then wrap in foil.
2. Bake in 400 degree oven for approximately 45 minutes.
3. While squash is baking, pick your basil so there is only leaves left.
4. Put basil leaves, 6 peeled garlic cloves and 1 cup oil into a small pot and blend together.
5. Once a paste, add pine nuts and another ½ cup oil, blend until smooth. Add salt and pepper to taste.
6. Cut each mushroom into 6 or 8 pieces.
7. Halve the cherry tomatoes.
8. Grate the Parmesan cheese.
9. Slice the baguette and lay out on a lined sheet pan. Generously butter each piece and sprinkle with garlic powder.
10. Bake this in a 350 degree oven for approximately 10 minutes.
11. Once squash is cooked, pull apart and set aside.
12. In a large saucepan, add pesto (use your judgement – you may need to split this into two pans separately just for spacing purposes) and mushrooms. Sautee until mushrooms are starting to soften.
13. Add squash and tomatoes. Heat thoroughly.
14. Once heated all the way through, add baby spinach and stir. It will feel like there is a lot of spinach at first, but it will break down and blend throughout the dish.

Chicken Cutlets

Makes 12 servings

Ingredients

- 1 tray boneless skinless chicken breasts
- 3 zucchini
- 3 boxes panko
- 2 litres whipping cream (35%)
- 6 eggs
- 2 cups chicken stock
- 1 cup milk
- 1/2 cup corn starch
- 5 cups flour
- 1/2 cup water
- 1 head broccoli
- 1 cooking onion
- 2 red peppers
- 3 carrots
- 1/2 bunch basil
- 1/2 cup olive oil

Directions

1. Finely chop your basil and set aside.
2. Butterfly cut your chicken breast (I will show you how).
3. Lay each piece of chicken out on parchment on the table, then cover them in parchment as well. Take a flat-bottomed frying pan and pound the chicken. You do not want to get holes in it, but you want them to be thin.
4. Once that processed is finished for each chicken, you will need to set up a breading station.
5. You will need three containers plus a baking sheet lined with tin foiled and sprayed with cooking spray.
6. In the first container, you need your flour. In the second you need your eggs whisked together with your milk. And in your third bowl you want your panko and chopped basil mixed together.
7. You then, in this order, will take a piece of chicken, cover both sides in flour, dunk into the egg mixture and then straight into the panko coating. Once in the panko, press firmly and make sure both sides are completely covered. Then place on the baking sheet. Continue this for each piece until finished.
8. Bake in the oven at 350 degrees for approximately 25 minutes. You want your chicken fully cooked at your breading to be crispy and browned. Flip chicken halfway through cooking time.
9. While your chicken is in the oven, cut up all your vegetables into "small" bite sized pieces.
10. Place these vegetables into a large frying pan with the olive oil and sautee over med-high heat for approximately 8 minutes. Season with salt and pepper.
11. In a small saucepan, add whipping cream and chicken stock. Slowly bring to a boil and let simmer for approximately 10 minutes.
12. Mix corn starch and water together to make a slurry. Add this slowly to the cream until it thickens into a sauce. Season with salt and pepper.
13. Serve chicken with vegetables on the side and the sauce poured across everything.



Cookie Dough Cupcakes

Makes 12 servings

Ingredients

- 1 box golden cake mix
- 1 1/2 cup flour
- 4 tsp vanilla
- 3 cups icing sugar
- 1 tsp kosher salt
- 1 cup brown sugar
- 1 cup mini chocolate chips
- 1 bag red/pink gummy hearts
- 1/2 cup butter
- 1/2 and 1/3 cup milk
- 1 brick cream cheese
- red food colouring

Directions

1. Line your muffin tray with the paper liners.
2. Make the cake mix according to the box directions. Fill each lined cup about 2/3 full.
3. Make your cookie dough as follows:
4. Beat together butter and brown sugar. Add 2 tsp vanilla and salt then continue to beat. Add a small amount of red food colouring.
5. Mix in flour and combine well. Add 1/3 cup milk. Mix. Add chocolate chips.
6. Once dough is made, roll into small balls. Place one ball in each batter filled liner. Push in so that it is covered by the batter.
7. Bake in oven for 5 minutes longer than what the box directions say.
8. While baking, make your icing:
9. Mix cream cheese until it is soft. Add in 1/2 cup milk and 2 tsp vanilla, mix until creamy.
10. Once cupcakes are cooled, frost them and top with a heart.

Baked Broccoli Mac and Cheese

Makes 12 servings

Ingredients

- 1 large bag elbow macaroni noodles
- 2 cups chicken stock
- 2 heads broccoli
- 2 carrots
- 2 cans cream of broccoli soup
- 1 cooking onion
- 3 litres whipping cream
- 4 tbsp cayenne pepper
- 2 boxes panko
- 3 bags shredded sharp cheddar cheese

Directions

1. Get a large pot of salted water to a rolling boil for your pasta. Once boiling, add noodles and cook for approximately 6 minutes. Strain, then set aside.
2. While pasta is cooking, dice your carrots, onion and broccoli.
3. In a large pot, sautee onions and carrots in a small amount of oil. Let them begin to soften, then pour in 3 litres of cream and chicken stock.
4. Let this simmer for approximately 15 minutes. Add cans of soup and broccoli pieces then season with salt and pepper.
5. Let this cook for about 3 minutes then add cayenne.
6. Begin slowly incorporating 2 bags of the cheese, stirring the entire time. This will thicken your sauce.
7. Once cheese is melted in sauce, add your already cooked noodles and mix thoroughly.
8. Once done, pour into a baking dish. Top with the remaining bag of cheese and sprinkle the panko across the entire surface.
9. Bake in a 350 degree oven for approximately 20-25 minutes, until the panko is golden on top.
10. Remove from oven and let sit for about 15 minutes before serving.

- | | | |
|---|---|---|
| <input type="checkbox"/> 2 cans cream of broccoli soup | <input type="checkbox"/> 1 tray boneless skinless chicken breasts | <input type="checkbox"/> 1 pint fresh whole white mushrooms |
| <input type="checkbox"/> 3 bags shredded sharp cheddar cheese | <input type="checkbox"/> 5 boxes panko | <input type="checkbox"/> 1 large container fresh baby spinach |
| <input type="checkbox"/> 1 large bag elbow macaroni | <input type="checkbox"/> 1 dozen eggs | <input type="checkbox"/> 2 bunches basil |
| <input type="checkbox"/> Muffin/cupcake cups/liners | <input type="checkbox"/> 2 litres milk | <input type="checkbox"/> 1 head fresh garlic |
| <input type="checkbox"/> 1 box golden cake mix | <input type="checkbox"/> 5 litres 35% whipping cream | <input type="checkbox"/> 1 small bag pine nuts |
| <input type="checkbox"/> 1 (new) bag brown sugar | <input type="checkbox"/> 3 heads broccoli | <input type="checkbox"/> 1 pint cherry tomatoes |
| <input type="checkbox"/> 4 tsp vanilla | <input type="checkbox"/> 3 zucchini | <input type="checkbox"/> 1 small block fresh parm |
| <input type="checkbox"/> 1 brick cream cheese | <input type="checkbox"/> 2 cooking onion s | <input type="checkbox"/> 1 French baguette |
| <input type="checkbox"/> 1 bag icing sugar | <input type="checkbox"/> 2 red peppers | <input type="checkbox"/> 2 pounds butter |
| <input type="checkbox"/> 1 bag red/pink gummy hearts | <input type="checkbox"/> ½ bunch basil | <input type="checkbox"/> Cooking Spray |
| <input type="checkbox"/> 1 small bag mini chocolate chips | <input type="checkbox"/> 1 small bag carrots | |
| | <input type="checkbox"/> 6 Spaghetti Squash | |